

JOIN THE MOVEMENT

www.texasroundup.org

Governor Rick Perry
Challenges all Texans to:
Get Physically Active

THE PROGRAM

1. Pick activities that you enjoy
2. Participate in the activity
(Adult: 30 min/day - Kids: 60 min/day)
3. Log your activities

TIPS FOR STARTING

1. Start slow and gradually increase the intensity
2. Make sure to stretch before and after being active
3. Drink plenty of water and eat right

REWARDS

1. Log on to the Texas Round-Up site (www.texasroundup.org) to count your activities into the statewide challenge.
2. Come celebrate with the rest of Texas on April 17, 2004 at the Celebration Day in Austin, TX at the Texas State Capitol.
3. Create a team and enjoy the rewards of being active by celebrating with your team members.

For more information please:
Visit: www.texasroundup.org
Email: info@texasroundup.org
C all: 1-800-959-7868

Fun Ideas for Activity:

1. Go for a walk during your lunch break.
2. Take the stairs instead of the elevator.
3. Park your car farther away than usual.
4. Walk the dog.
5. Stretch while watching television.
6. Take a friend with you to workout.



PROGRAM LOG
WWW.TEXASROUNDUP.ORG

WEEK 6

WEEK 5

Goal: 5 days of activity

WEEK 4

Don't forget to register for the Texas Round-Up!

WEEK 3

Goal: 4-5 days of activity

WEEK 2

WEEK 1

Goal: 2-3 days of activity

Fill in your activities in the star. The goal is to complete 5 days of activity in Week 6.

*Walked - 30 min.
Biked to store - 35 min.
Stretched - 15 min.*

Note: Please consult a physician before starting any exercise program.